

Softball team wins over UNC in tournament

By CHAD BRAY
Sports Editor

The Lady Gamecock softball team defeated Ball State, 6-2, to win the Lady Gamecock Round Robin this past weekend.

South Carolina tied the Lady Tarheels with a tournament record of 3-1; however, the Lady Gamecocks won the title by outscoring North Carolina, 8-4, in their two games against each other.

In Saturday's first game, South Carolina won their 500th career victory by defeating Ball State, 3-0.

Senior hurler Jana Zimmerman limited the Lady Cardinals to three hits and had two strikeouts.

Junior third baseman Cheri Laskowski went 2-for-2 and had one RBI in Saturday's win. Junior shortstop Tiff Tootle, who stole four bases in the tournament to increase her season total to 14, went

2-for-4.

In the second game, the Lady Gamecocks lost a heartbreaker to North Carolina, 4-3. South Carolina blew a 3-0 lead by giving up four runs in the bottom of the sixth inning.

Even though she picked up the loss, freshman Darlene Gareis struck out three in six innings. Tootle went 3-for-4 and had one run, and senior first baseman Andrea Beall went 1-for-2 and had two RBI's.

In the third game, the Lady Tarheels beat Ball State 2-0 when North Carolina pitcher Beverly Smith held the Lady Cardinals to three hits.

Sunday began with North Carolina's 13-0 hitting extravaganza over Ball State. North Carolina scored all of their runs in the sixth inning when Ball State substituted Terina Kilpack for Karen Oliver.

In the second game, South Carolina beat North Carolina, 5-0, in a much-awaited rematch. Zimmerman picked up her fourth win by limiting the Lady Tarheels to three hits in seven innings.

South Carolina scored four of their five runs off an error by the North Carolina pitcher when Beall hit a ground ball to Smith with bases loaded and the catcher bobbled a throw for the force out at home plate.

In the final game of the tournament, the Lady Gamecocks beat Ball State 6-2 off a six-run second inning. Tootle, Laskowski, sophomore outfielder Toinette Reid, freshman catcher Dana Fulmer, senior leftfielder Kris Kordonwy and freshman second baseman Shani Cannon all scored in the second.

Gareis picked up the win with three strikeouts and seven hits in four innings.



The softball team won its tournament against North Carolina and Ball State this weekend.

Lori Toney/The Gamecock

Williams wins award for basketball action

By SEAN RYAN
Assistant Sports Editor

Lady Gamecock basketball player Marsha Williams was named South Carolina's 1991 Amateur Athlete of the Year by the South Carolina Athletic Hall of Fame Board of Directors.

The 6-foot-4 junior center and All-American candidate will accept the award April 23 at a banquet at the Marriott Hotel in downtown Columbia.

Williams came to South Carolina from Berkeley High School in Moncks Corner where she averaged 19 points and 12 rebounds a game. She amassed 1,345 points in her high school career, and was a Parade fourth team All-American. She chose to play for the Lady Gamecocks over Clemson and North

Carolina.

During her freshman year, Williams was named to the Metro Conference All-Rookie team, averaging 4.7 points and 4.6 rebounds. She was then selected to play for the South squad at the 1990 Olympic Festival.

Williams continued to improve in her sophomore season as she upped her averages to 16.3 points and 9.8 rebounds per game. She also was named to the Second Team All-Metro Conference.

This season, Williams has led the SEC in scoring and rebounding for most of the year with 21.8 points and 11 rebounds. She scored a career high 34 points against Kentucky in her inaugural game in the SEC.

Running may be bad for your health, USC, CDC researchers say in study

From Staff Reports

If you run for your health, you may be surprised to learn jogging long distances may increase your risk for developing upper respiratory infections.

Heavy runners, those who run at least 17 miles a week, developed more upper respiratory infections than moderate runners, those who run fewer than 17 miles a week, according to a joint study by researchers at USC and the Centers for Disease Control in Atlanta.

The study is consistent with previous research that shows long, strenuous amounts of exercise can have a negative impact on some components of the body's immune system, said Russell Pate, chairman of USC's exercise science department and a researcher in the running study.

"While moderate exercise seems to enhance the immune system's function, very high levels of activity appear to make the immune system less effective," he said.

The 12-month study followed 520 South Carolina runners who completed a daily log, which included information on how many miles they ran and how they felt. The researchers were looking for signs of upper respiratory infections (runny nose, sore throat or cough) that occurred for two consecutive days.

Researchers found those who ran between nine and 17 miles a week had 1.7 times more colds than those who ran fewer than nine miles. In addition, those who ran more than 17 miles a week had 2.6 times as many colds.

"Long distance running has an image of being risky for certain in-

juries and illnesses. Our study confirms that there does not appear to be a correlation between prolonged physical stress and the body's immune functions," Pate said.

Moderate amounts of running, on the other hand, appear to give runners the benefits of exercise, particularly to the cardiovascular system, without compromising immune system functions, he said.

The study wasn't designed to discourage long distance running, only to make runners aware of risks, said co-researcher Carol Macera, an associate professor in USC's epidemiology and biostatistics department.

"We don't know enough yet to say, 'beware of strenuous running,' but it's important for runners to know the possibility of a link between strenuous running and increased upper respiratory infec-

tions," she said.

Macera and Pate, in fact, encourage running and other forms of exercise. Runners as a group are healthier than non-runners, they say, averaging 1.2 colds per year, which is half the number of colds experienced by non-runners. And regular exercise is a good way to reduce the risk of heart disease, control weight, increase energy, reduce stress and live longer.

Other researchers involved in the study were: Kirby Jackson, a USC instructor in epidemiology and biostatistics; Timothy Craven, a former USC doctoral student in epidemiology and biostatistics; Gregory Heath, a CDC researcher in the Division of Chronic Disease Control and Community Intervention; and Earl Ford, a CDC researcher in the Division of Diabetes Translation.

DON'T GET BURNED!

Limited Time Offer!

Think Spring Break!

STUDENT TANNING SPECIAL
200 TANNING MINUTES
for only **\$40**

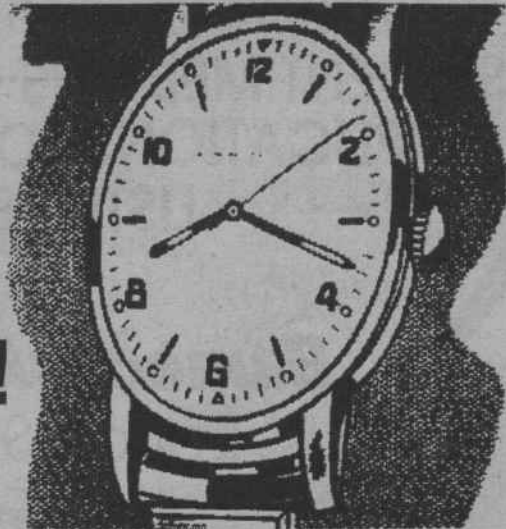
Expires 3-14-92

Clip For Discount

Cinz! Hair Designers
Richland Mall 790-1118 & Harbison Court 732-4336

Spring Graduates

Time is running out!

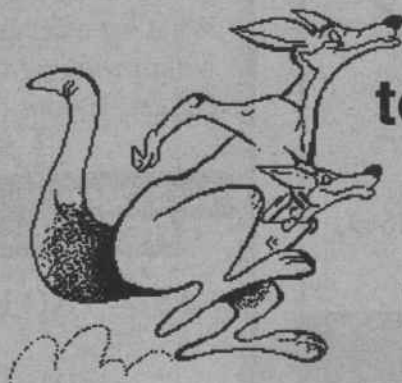


Order your Balfour

Personalized Graduation Announcements

**Informal Stationery
and
Thank-you Notes
Now!**

**Hop on over
to the Russell House Bookstore
and see your
Balfour Representative
before March 6th**



Crazy Zacks

We're

**Looking Forward
To Your Visit**

**To
North Myrtle Beach
During Spring Break
And Easter**

Second Avenue & Hillside Drive
North Myrtle Beach, S.C. 29597
(803) 249-2404